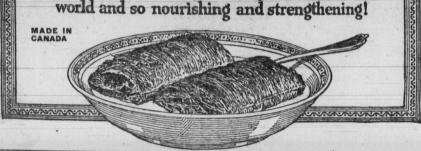
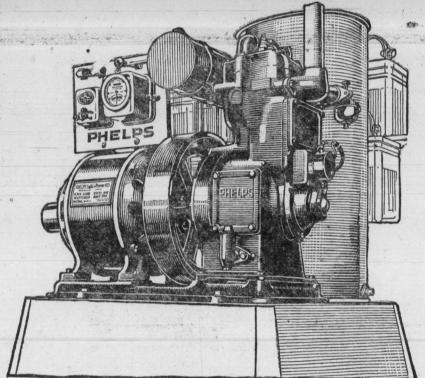
THE FIGHT FOR HEALTH

is easily won by the man or woman who is willing to live in harmony with Law. Cut out pills, live much in the open air, eat less meat and more Shredded. Wheat —a simple, nourishing, easily digested food, made of the whole wheat grain prepared in a digestible form. Give Nature a chance. Heat two Biscuits in the oven and serve with hot milk (or hot salted water) the cheapest meal in the

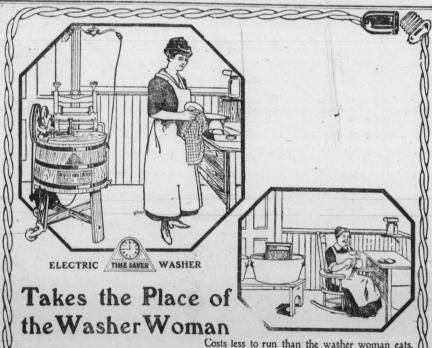




WE HAVE NOW WELL ON TO A HUNDRED OF THESE

Phelps Light and Power Plants In Daily Use in the Maritime Provinces, all giving perfect satisfaction. Let us serve you.

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Does your washer woman disappoint you often? Have you trouble getting help to do the washing? Let this Electric Washer be your washer woman. It will always be on hand on wash day, will not get sick or tired, will waste no time in talking, and never complain. It is far easier on the clothes than a washer woman, and does the washing better than she can do it.

The Time Saver Electric Washer does the washing while you are at other work; washes while you you do the up-stair work and get the dinner. It pays for itself in a year in

clothes on 2c. an hour. It is simple and easy to operate. We have a Time Saver in the store to show you. Let us demonstrate

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Figure white. Journ 25 H.

Figure w [Toronto Globe, March 31.]
"Casa Loma" is forever opening it:



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New Silk Dresses

We have just received a new shipment of these in all the leading styles and colors. One special line we might mention, being remarkable value at \$20.00. Colors. Black, Navy, Green and Grey.

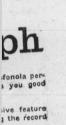
means be risked. We have breathing space now, and It would ask you, Sir Nigel, what it is that you would countain the post of the following purpose.

Tean by no means understand what he bearded where the post and accept no insulation.

NOTICE OF LEGISLATION.

PUBLIC NOTICE IN HERRIBU GIVES in the Lacks, the men of brushwood. They have the case that applications will be made at the next was dead to the thing the Longith in the Jacks, the men of the brushwood. They have the case that applications will be made at the next was notices may be mailed to rively search of the following purpose of a full or likils for the following purpose of the





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